



## Health Update

### Diabetes- Curb on sugar

World diabetes day is celebrated every year on the 14th of November. It was started in 1991 jointly by the International Diabetes Federation (IDF) and World Health organization (WHO) in response to increasing health hazards posed by Diabetes Mellitus. While the campaigns last the whole year, the day itself marks the birthday of Frederick Banting who had partnered with Charles Best and John James Rickard Macleod to discover insulin in 1922. November is also the American Diabetes Month.

It is estimated that around 70% of type 2 diabetes cases could be prevented through lifestyle interventions alone and it is predicted that over 600 million people will be living with Type 2 Diabetes Mellitus by year 2035. Over 230 diabetes associations from more than 160 countries and territories join hands in this international venture to curb the diabetes pandemic.

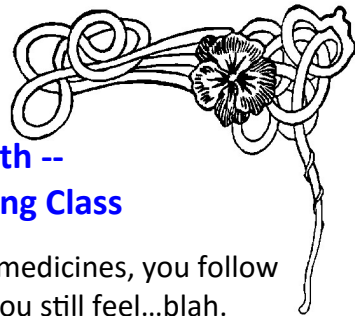
This year, the focus is on 'healthy eating' as a key factor in the fight against diabetes. The Framework for Action on Sugar calls on national governments to implement policies to reduce sugar consumption and advocates specific measures to increase access to healthy alternatives such as fresh fruit and vegetables and clean drinking water, in order to help prevent new cases of type 2 diabetes. It also

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calls for ban on advertisement of sugar sweetened beverages to children and promotes taxation to reduce sugar consumption.

The American Diabetes Association (ADA) has launched its 'Eat Well, America!' campaign this past November.

'[Diabetesforecast.org](http://Diabetesforecast.org)', a great resource on healthy eating from ADA, includes nutritious recipes for every meal of the day, tip sheets, how-to videos, and shopping lists.



### Whole Health -- Healthy Living Class

You take your medicines, you follow your diet but you still feel...blah. What else can you do? How about participating in a seminar to find out just what "Whole Health—Healthy Living" means? You will discover topics such as identifying what is most important in your life or what outside influences affect you, and then how you can make better choices for your own health *and* life. You will learn how to use various parts of the Whole Health concept to make the changes you want AND be given tools, such as mindfulness, to help you successfully make these changes. Whole Health meets on nine consecutive Fridays, from 1:00 to 2:30 pm; the next session will begin on [18 March](#). Contact Dr. Linda Ravetti, NP, Eureka VA Clinic; at 707.269.7540 to sign up.

### Diabetic's Dessert --

#### No Sugar Added Cheesecake

(Makes one 9" pie)

1—9" premade crust (graham cracker, 89g for entire crust)

1—8 oz package of cream cheese (Philadelphia: 1g total carbs; no sugar)

2 large eggs (2g )

1 tsp vanilla extract (.53g)

1 cup of berries (raspberries, 5.4g; strawberries, 7g; blueberries, 14.8g)

OR 2 oz chocolate, melted (about 28g)

OR 1 cup of these: chopped apples (11g), chopped peaches (12g), chopped pineapple (36g), canned pumpkin (8g)

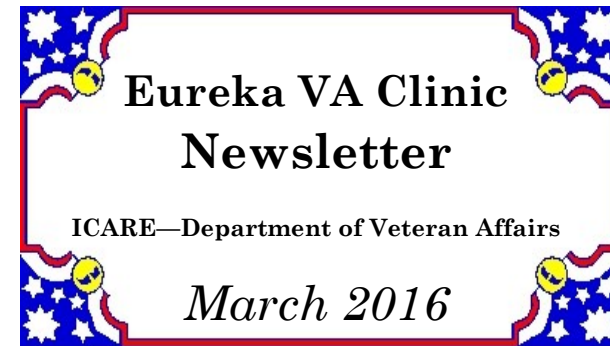
Remember—values are for entire cake.

Soften cream cheese; add eggs & using hand mixer, combine until mixture is smooth, no lumps. Fold in fruit and pour mixture into crust. Bake at 325 for 45 minutes or until knife comes out clean. (Double the recipe for 9X13 casserole pan; for a crustless cheesecake—butter pan well, add mixture and then cook as usual)

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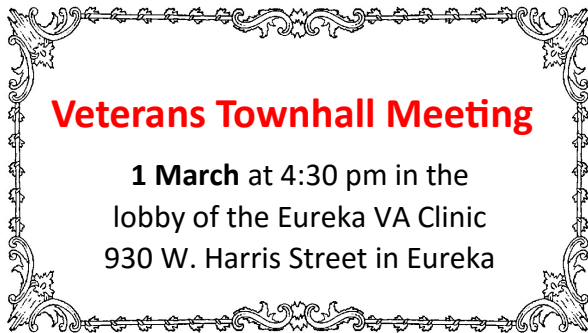


**Note:** To obtain previous copies of the Eureka CA Clinic Newsletters, please visit: <http://www.sanfrancisco.va.gov/locations/eEureka.asp>



### Important Contact Numbers

Primary Medical Care (707) 269-7500  
Pharmacy (707) 269-7546  
Pharmacy (**Auto Fill**) (415)-750 -2233  
Member Services (707) 269-7549  
Audiology (707) 269-7534  
Nutrition (707) 269-7529  
Optician (707) 269-7574  
SFVAMC (415) 221 -4810  
MyHealtheVet 1-877-327-0022  
TLC Advice Nurse 1-800-733-0502  
Veterans Choice Card 1-866-606-8198  
Home Based Primary Care  
(by referral) (707)269-2800



## Veterans Townhall Meeting

**1 March** at 4:30 pm in the lobby of the Eureka VA Clinic 930 W. Harris Street in Eureka

## CURRENT EVENTS

### CVSO Outreach

Did you know your military service can qualify you to proudly display “veteran” on their driver’s license or ID card? The Humboldt County Veterans Service Office (CVSO) will be doing two outreach days at the Eureka VA Clinic on **March 4<sup>th</sup>, 9 am – 12 pm** and **March 18<sup>th</sup> from 1 – 4 pm** to help you with the first step of the process. Bring your certified, stamped copy of your Discharge Form (DD214) to the Clinic to receive your “Veteran Status Verification” (VSV) form. Then you will go online or call DMV for an appointment to complete the process in person. After filling out all necessary forms (such as the Driver’s License Application) and meeting the DMV testing requirements, you will pay the usual application fees plus \$5 for the Veteran designation. Your new driver’s license or ID card will be mailed to you within 7-10 days. Should you need assistance obtaining your DD214, the CVSO will also be able to help you, either at the Clinic during the outreach days or at their office.

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If you cannot attend either outreach day, you may also obtain your Veteran Status Verification form from the CVSO during business hours (Monday-Thursday from 8:30 am to 12 pm and 1 to 4 pm). The office is in the County Courthouse at 825 5th Street on the 3rd floor, in Room 310. If you have any further questions, please contact the CVSO at (707)445-7611, also during business hours.



### Outreach Events

Feb 10 - outreach/resource day at CR Veteran Resource Center 10-3 pm

February 11 - outreach/resource day at CR Veteran Resource Center 10 -3pm *Crescent City CR Campus*

February 26 – Outreach/Eureka Vet Center 2830 G Street Eureka, CA 95501 1-4 pm

March 4 –CVSO Outreach in Eureka VA Clinic 9 – 12 pm

March 18 – CVSO Outreach in Eureka VA Clinic 1 – 4 pm

March 25 - Outreach/Eureka Vet Center 2830 G Street Eureka, CA 95501 1-4 pm

March 29 - Veteran and Family Education and Resource Day - from 12:00 pm to 4:30 pm – *More information to follow.*

Apr 13 – outreach/resource day at CR Veteran Resource Center 10 -3pm

April 15 – outreach/resource day at Veterans Memorial Hall, located at 810 H Street *Crescent City* 10-4pm

## Eureka VA Clinic's Shared Medical Appointment for Diabetes Celebrates One Year Anniversary

Happy Birthday! One year ago the Eureka VA Clinic began Shared Medical Appointments for Diabetes. Veterans with high blood sugar (measured by a hemoglobin A1C greater than 8%) were invited to participate. During each monthly appointment, veterans meet individually with the medical provider and have the opportunity to check in with the dietitian, diabetes educator, nurse, and mental health provider.

There is always a cooking demonstration of a diabetic friendly recipe (samples provided!) as well as an open question and answer time with all the providers. Additionally, each month there is a special guest speaker. Speaker topics have included foot care, mindfulness, eye care, physical activity, infections, insulin resistance, and diabetic medications.

The group setting allows veterans living with diabetes to support each other and encourage each other to stick with their monthly goals.

A hard-working team of staff has come together at the Eureka CBOC to make this shared medical appointment possible. The team is comprised of:

- ◆ *Registered Dietitian:*  
Tessa Thralls, MS, RDN
- ◆ *Endocrinologist, Primary Care Provider:*  
Rajasreepai Ramachandrapai, MD
- ◆ *Mental Health Facilitator:*  
Linda Ravetti, DNP, NP

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- ◆ *Certified Diabetes Educator:*  
Catherine Dorey, RN, CDE  
(joins from SF on VTEL)
  - ◆ *Registered Nurse:*  
Steven Ross, RN
  - ◆ *Medical Support Assistant:*  
Vanessa Christiansen
- Results of the class are promising. In one year, 23 patients have attended. As a group, the participants were able to drop their hemoglobin A 1 C's a total of 14.2%, an average of 0.84% per person. And the group lost a total of 171.5 pounds, an average of 7.6 pounds per person. The class meets the first Wednesday of each month from 0930 to 1130 hours. If a veteran is interested in attending, please contact Tessa Thralls at 707.269.7529.



## Reminders

February Federal Holiday:  
Washington’s Birthday  
**Feb 12 - Lab closed**  
**Feb 15 - Lab/Clinic closed**

### —SFVA Hoptel

The Hoptel closed for construction on October 1st. Projected timeline for construction:  
□ October 1, 2015 – March 31, 2016  
Hoptel will have 21 beds available  
□ April 1, 2016 – July 1, 2016  
Hoptel will have 34 beds available  
□ July 1, 2016  
Hoptel will have 55 beds available